

Survival Training Canada

Last Updated Monday, 23 August 2010

Preparation Guide for the Survival Weekend in Muskoka

And please feel free to use our free Exercise Video service: Online Fitness Videos
 It is our goal to make sure the YPO Survival Training Weekend is an enjoyable experience for all. Each challenge will be faced as a team, and as you well know a chain is only as strong as its weakest link. For this reason we advise you to prepare for the event as much as your busy lifestyle allows you. The better you come prepared, the more fun and enjoyable it will be for everyone. Xceller8ed Training recommends the following preparation for the YPO Survival Training Weekend. We have suggested specific cardio routines that will increase your endurance and general fitness levels. Please attempt to complete the workouts provided below, taking note of the suggested guidelines for total number of workouts (per week). We understand that all participants have different fitness levels, and in an attempt to account for this we have included two different workout intensities for you to choose from. If possible try to monitor your heart rate during your workouts. For example, you can use a heart rate monitor watch when exercising outdoors and you can use the sensors on cardio equipment when working out in a gym or in your home. Though the programs we have provided you with focus purely on cardiovascular training, we do recommend the inclusion of 2 resistance training sessions each week. Using machines or free weights, pick a low weight and aim to complete 2 sets (per exercise) of 30 repetitions. This is a great way to increase your muscular endurance.

DO NOT FORGET TO TRAIN YOUR LEGS. Beginner Level

Week 1

(3-5 workouts per week)

- 5 minute warm-up
- 2 minute sit-up/push-up intervals (alternate sit-ups with push-ups for 2 minutes, making sure to complete as many as you can before switching).
- 2 minute walk
- 5 minute jog
- 2 minute walk
- 5 minute jog
- 3-5 minute walk
- 2 minute stretch

Week 2

(3-5 workouts per week)

- 5 minute warm-up
- 2 minute sit-up/push-up intervals
- 1 minute walk
- 8 minute jog
- 2 minute walk
- 8 minute jog
- 2 minute walk
- 8 minute jog
- 5 minute walk
- 2 minute stretch

Week 3

(3-5 workouts per week)

- 5 minute warm-up
- 4 minute sit-up/push-up intervals
- 1 minute walk
- 15 minute jog
- 2 minute walk
- 15 minute jog
- 2 minute walk
- 15 minute jog
- 5 minute walk
- 2 minute stretch

Week 4

(4-6 workouts per week)

- 5 minute warm-up
- 5 minute sit-up/push-up intervals
- 1 minute walk
- 20 minute jog
- 1 minute walk
- 20 minute jog
- 1 minute walk
- 20 minute jog
- 5 min walk
- 5 min stretchin

Week 5

(5-6 workouts per week)

- 5 minute warm-up
- 6 minute sit-up/push-up intervals
- 1 minute walk
- 30 minute jog
- 2 minute walk
- 30 minute jog
- 5 minute walk
- 5 minute stretching

Advanced Level

Formula to evaluate your MHR (maximum heart rate) - old version:

$$220 - \text{Age} = \text{MHR}$$

Sample: $220 - 45 = 175$ MHR

Training at 85% of maximum heart rate: $175 \times 85\% = 148$ (your target heart rate)

This simple method above does not include resting heart rate, which varies from person to person.

New and more accurate version:

(To get your resting heart rate, take your pulse for one full minute when you first wake up in the morning or)

Example: you are 45 years of age and your resting heart rate is 60
 $206.9 - (0.67 \times 45 (\text{age})) = 177$

$177 - 60$ (resting heart rate) = 117

$117 \times 65\%$ (low end of heart rate zone) = 76, OR $117 \times 85\%$ (high end) = 99

$76 + 60$ (resting heart rate) = 136

$99 + 60$ (resting heart rate) = 156

If you are training in the low end of the heart rate zone, your target heart rate is 136.

If you are training in the high end of the heart rate zone, your target heart rate is 156.

Week 1

(3-5 workouts per week)

- 4 minute sit-up/push-up intervals (alternate sit-ups with push-ups for 4 minutes, making sure to complete as many as you can before switching).
- 45 minute jog at 70% MHR (maximum heart rate)
- 8 minute walk, light jog at 125 BPM (beats per minute)

- 50 squads
- 5 minute stretch
- 5 minute sit-up/push-up intervals
- 50 minute jog at 75% MHR
- 10 minute cool down at 125 BPM
- 50 squads
- 1 min plank
- 10 minute stretch

Week 2

(3-5 workouts per week)

Week 3

(3-5 workouts per week)

- 5 minute sit-up/push-up
- 55 minute jog at 80% MHR
- 1 minute walk
- 60 squads
- 50 calf raises
- 90 sec plank
- 10 minute stretch

Week 4

(4-6 workouts per week)

- 6 minute sit-up/push-up intervals
- 60 minute jog at 80% MHR
- 1 min fast run at 85-90 % MHR
- 1 minute walk
- 60 squads
- 50 calf raises
- 60 squads
- 50 calf raises
- 120 sec plank
- 10 min stretching

Week 5

(5-6 workouts per week)

- 5 minute warm-up
- 6 minute sit-up/push-up intervals
- 1 minute walk
- 60 minute jog at 80% MHR
- 2 x 2 min interval at 85-90% MHR
- 2 minute walk
- 60 squads
- 60 calf raises
- 20 knee tuck jumps
- 120 sec plank
- 10 min stretch

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